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WE CLAIM:

1. In combination with a motor-vehicle seat and a car2 body support, an assembly comprising:
3 an elongated upwardly open and elongated metal rail
4 fixed to the support and two confronting and inwardly concave
5 flanges forming transversely inwardly directed faces;

an elongated metal rail fixed to the seat, captured between the flanges, and having two transversely outwardly directed faces generally complementary to and bearing with prestress outwardly on the inwardly directed faces; and respective friction-reducing layers on the faces.

- 2. The car-seat rail assembly defined in claim 1 wherein each of the faces has a pair of planar portions extending at an angle of less than 180° to each other and meeting at a corner.
- 3. The car-seat rail assembly defined in claim 2
 wherein the upwardly open rail has an integral and horizontal
 floor web bridging the flanges and the upper rail has downwardly
 extending L-shaped lips riding on the floor web.

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- 4. The car-seat rail assembly defined in claim 2
 wherein the rail fixed to the seat has a downwardly open Usection central web having lower edges and respective outwardly
 convex outer flanges projecting upward from the lower edges and
 forming the respective faces.
- wherein the rail fixed to the seat has a downwardly open Usection central web having lower edges and respective C-section
 outer flanges projecting upward from the lower edges, forming the
 respective faces, and having rounded upper and lower lips, the
 inwardly concave flanges being of C-section and complementary to
 the C-section outer flanges of the rail fixed to the seat.
 - 6. The car-seat rail assembly defined in claim 1 wherein the layers are polytetrafluoroethylene.
- 7. The car-seat rail assembly defined in claim 1 wherein the layers are nitriding.